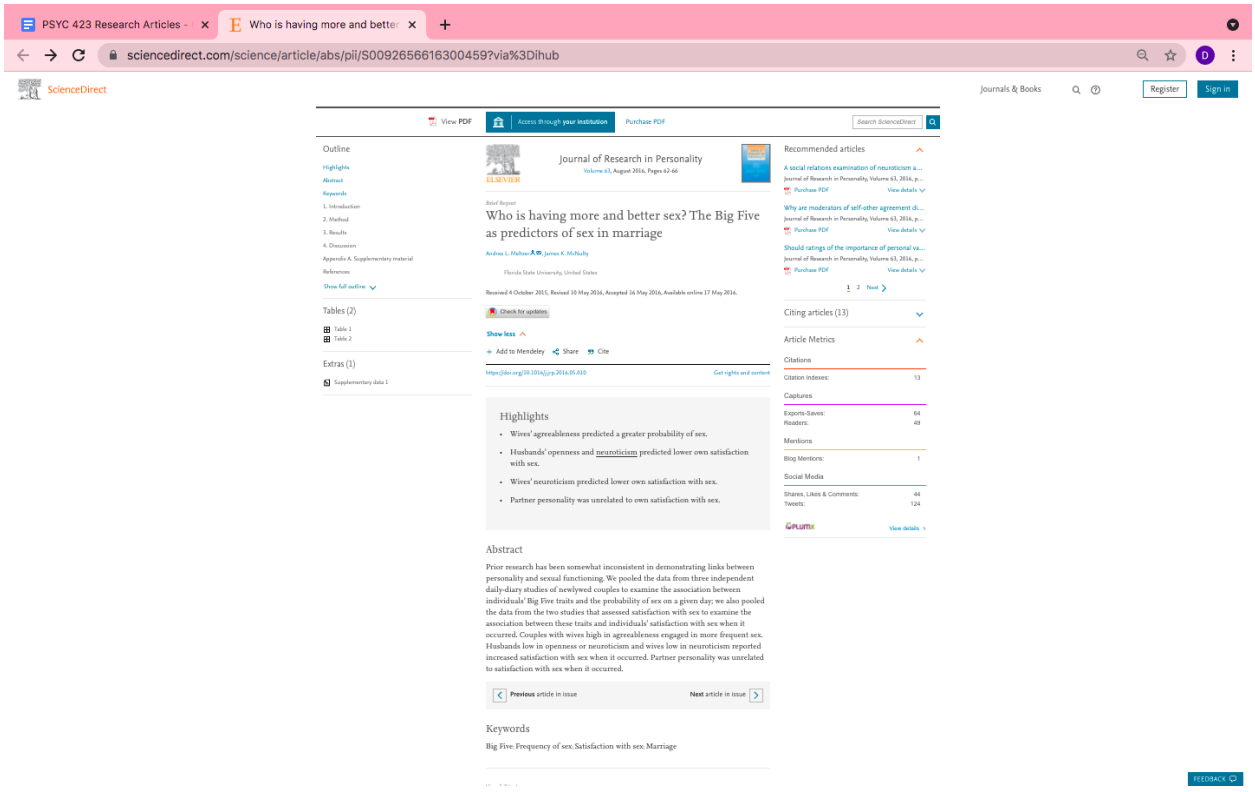
Darlisha Martin
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Research Articles

Research proposal question: How is sexual satisfaction in relationships affected by different Big 5 personality traits?

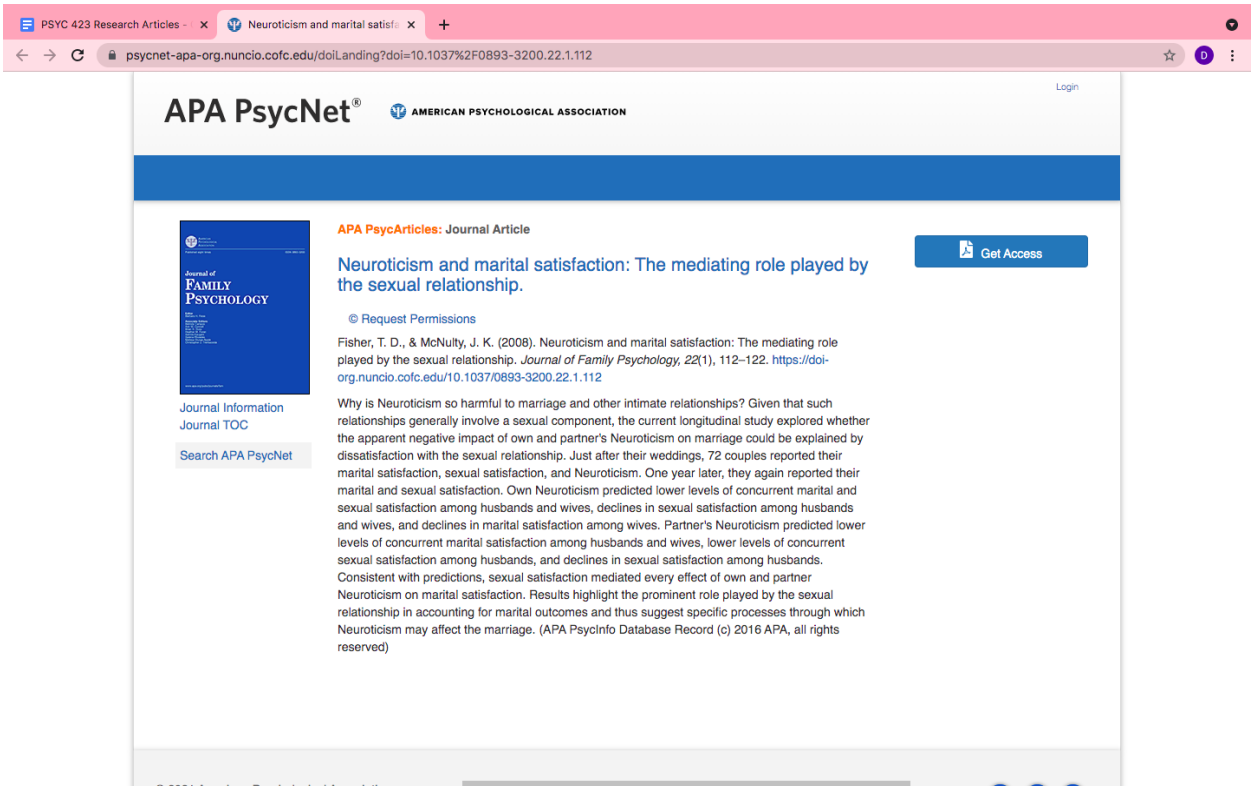
Articles (Photos included) :

1. Who is having more and better sex? The Big Five as predictors of sex in marriage
    a. This study incorporated 14-day diary entries of newlywed couples and observed a possible connection between Big Five personality traits and the likelihood of sex
    b. Three studies were conducted
    c. A range of samples was used; couples married fewer than four months, couples married fewer than 3 months, and longitudinal evidence was collected on couples in the third study 3 years later.
    d. Participants were compensated for their time which encourages better performance on the assessments needed to analyze connections
    e. Daily questionnaires were given to the couples which recorded reports on sex and satisfaction with sex
    f. The data shows a comparison of husbands and wives personality types and connects to the satisfaction of sex in the relationship
    g. I believe this study will support my experiment because it has the same topic as I do, and through experimentation, the study demonstrates causality of higher or lower sexual satisfaction based on determined Big 5 personality traits.
        i. Similar procedural methods are used, such as daily self-reporting
        ii. Supports my hypothesis that agreeableness and openness personality traits lead to more sexual encounters and overall satisfaction

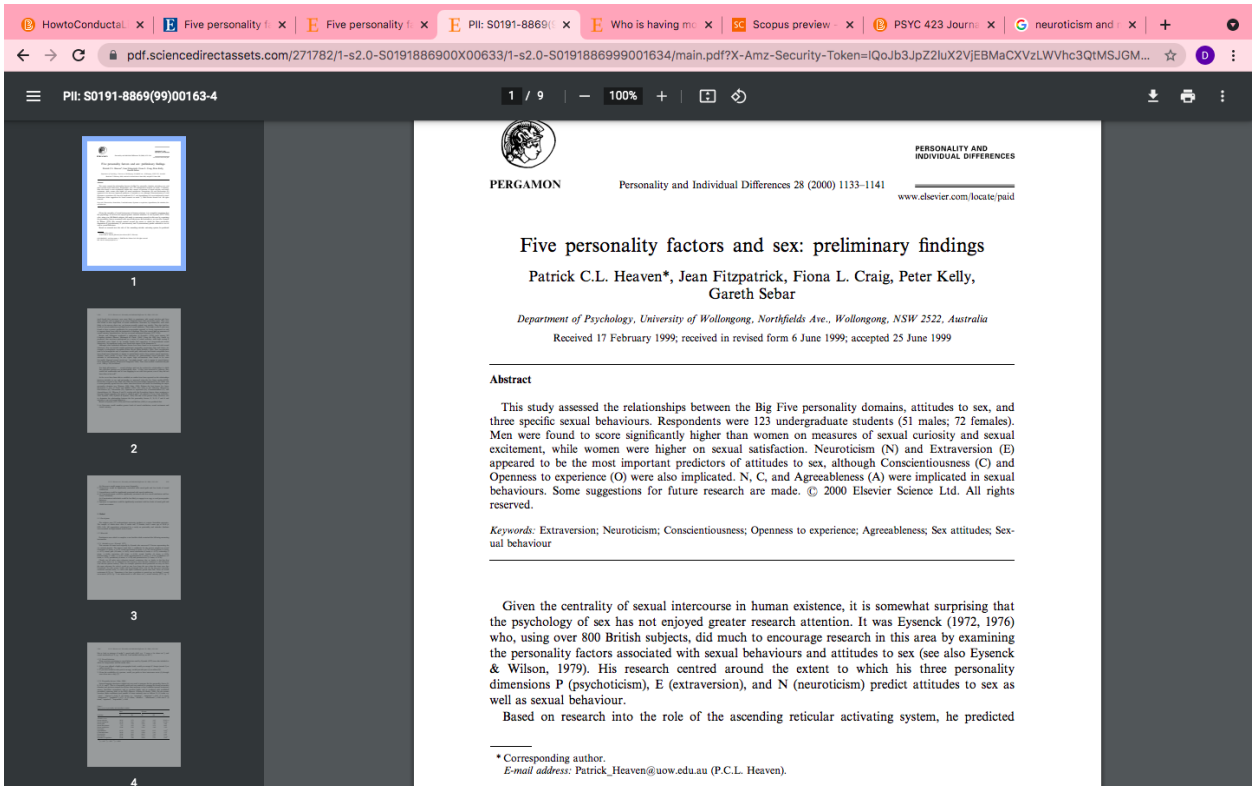



2. Neuroticism and Marital Satisfaction: The Mediating Role Played by the Sexual Relationship
    a. This study observed the effects of personal and partner levels of neuroticism on sexual satisfaction. A third variable is incorporated; marital satisfaction.
    b. The participant pool consisted of 72 couples within the beginning months after their first marriage
    c. An at-home 7-day questionnaire was given to participants before the study; self-report measures were taken on marital and sexual satisfaction, levels of neuroticism, and instructions were given to complete separately from a spouse
    d. Participants were compensated for their efforts, additional assessments were offered 6 months later, and 1 year later with more compensation was offered for efforts
    e. I believe this study will support my research because it demonstrates through empirical evidence the negative effects of one of the personality traits in the Big 5 (Neuroticism) on sexual satisfaction in relationships
        i. Supports my hypothesis
        ii. Demonstrated statistical significance in both husband and wife
    f.

i.




3. <u>Five personality factors and sex: preliminary findings</u>
    a. "This study assessed the relationships between the Big Five personality domains, attitudes to sex, and 3 specific sexual behaviors."
    b. Incorporates a different demographics than the other two studies, 123 college undergraduates
    c. All 5 personality traits were tested
    d. Attitudes on sex were assessed through a questionnaire
    e. I believe that this study is beneficial to my experiment because it explores personality traits and sexual satisfaction and also another possible third variable (attitudes on sex).
        i. Supports my hypothesis that both neuroticism and extraversion have strong implications on sexual attitudes and satisfaction
    f.



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Personality and Individual Differences 28 (2000) 1133–1141

PERSONALITY AND INDIVIDUAL DIFFERENCES

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Five personality factors and sex: preliminary findings

Patrick C.L. Heaven*, Jean Fitzpatrick, Fiona L. Craig, Peter Kelly, Gareth Sebar

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Received 17 February 1999; received in revised form 6 June 1999; accepted 25 June 1999

**Abstract**

This study assessed the relationships between the Big Five personality domains, attitudes to sex, and three specific sexual behaviours. Respondents were 123 undergraduate students (51 males; 72 females). Men were found to score significantly higher than women on measures of sexual curiosity and sexual excitement, while women were higher on sexual satisfaction. Neuroticism (N) and Extraversion (E) appeared to be the most important predictors of attitudes to sex, although Conscientiousness (C) and Openness to experience (O) were also implicated. N, C, and Agreeableness (A) were implicated in sexual behaviours. Some suggestions for future research are made. © 2000 Elsevier Science Ltd. All rights reserved.

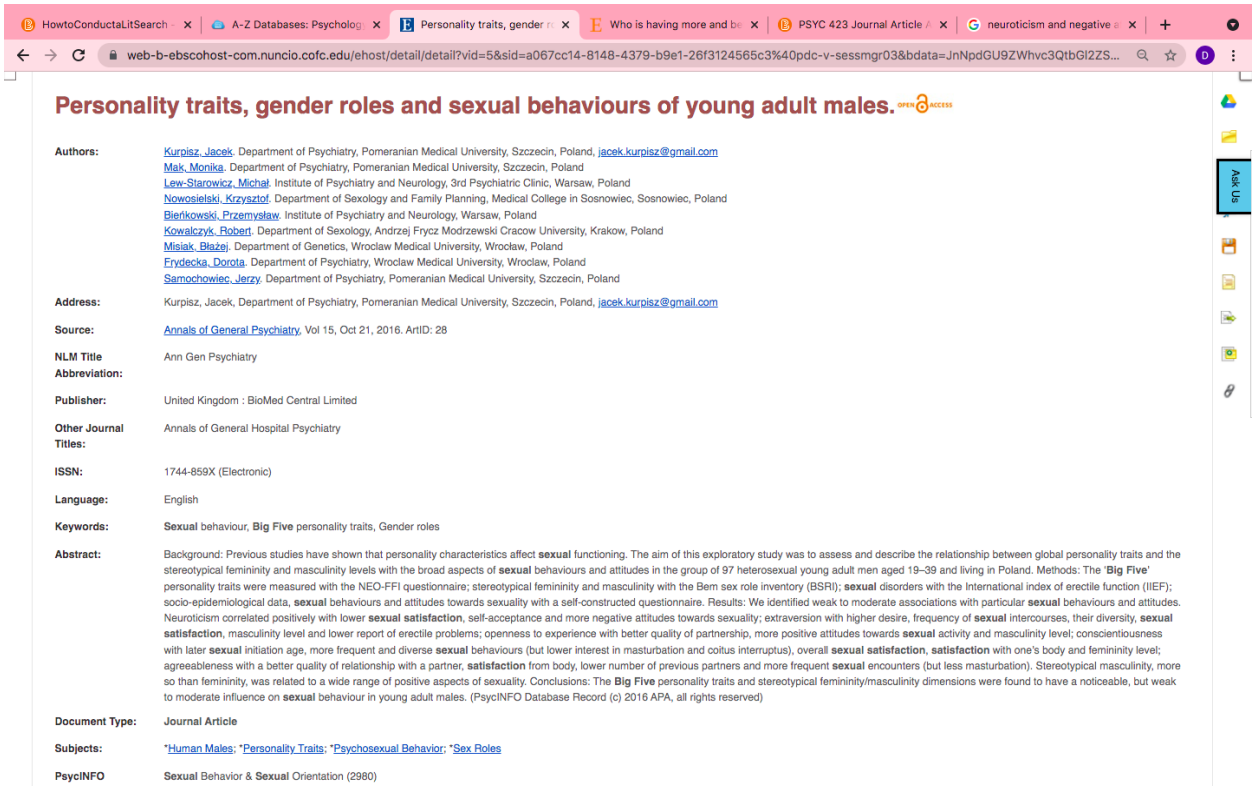
*Keywords:* Extraversion; Neuroticism; Conscientiousness; Openness to experience; Agreeableness; Sex attitudes; Sexual behaviour

Given the centrality of sexual intercourse in human existence, it is somewhat surprising that the psychology of sex has not enjoyed greater research attention. It was Eysenck (1972, 1976) who, using over 800 British subjects, did much to encourage research in this area by examining the personality factors associated with sexual behaviours and attitudes to sex (see also Eysenck & Wilson, 1979). His research centred around the extent to which his three personality dimensions P (psychoticism), E (extraversion), and N (neuroticism) predict attitudes to sex as well as sexual behaviour.

Based on research into the role of the ascending reticular activating system, he predicted

* Corresponding author.
*E-mail address:* Patrick_Heaven@uow.edu.au (P.C.L. Heaven).

4. <u>Personality Traits, gender roles and sexual behaviours of young adult males</u>
    a. This study specifically analyzes the relationship between the big 5 personality traits in connection to sexual behavior and attitudes in heterosexual males
    b. 97 young males (19-39) were used
    c. Self-constructed questionnaires were given to report on attitudes towards sexuality
    d. Neuroticism correlated positively with lower sexual satisfaction, openness correlated to a more positive attitude toward sexual activity and masculinity level, and conscientiousness correlated witty better overall sexual satisfaction
    e. Demonstrates more on the potential third variable involving attitudes about sex
        i. Results demonstrated that less satisfaction was associated with self-esteem and feelings of sexual attractiveness
    f. I believe this article will benefit my research because it solely focuses on men, who don't demonstrate statistical significance in most of my other studies, and it explores their attitudes, satisfaction, and corresponding personality traits.
    g.



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**Personality traits, gender roles and sexual behaviours of young adult males.** OPEN ACCESS


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**Language:** English

**Keywords:** **Sexual** behaviour, **Big Five** personality traits, Gender roles



**Abstract:** Background: Previous studies have shown that personality characteristics affect **sexual** functioning. The aim of this exploratory study was to assess and describe the relationship between global personality traits and the stereotypical femininity and masculinity levels with the broad aspects of **sexual** behaviours and attitudes in the group of 97 heterosexual young adult men aged 19–39 and living in Poland. Methods: The '**Big Five**' personality traits were measured with the NEO-FFI questionnaire; stereotypical femininity and masculinity with the Bem sex role inventory (BSRI); **sexual** disorders with the International index of erectile function (IIEF); socio-epidemiological data, **sexual** behaviours and attitudes towards sexuality with a self-constructed questionnaire. Results: We identified weak to moderate associations with particular **sexual** behaviours and attitudes. Neuroticism correlated positively with lower **sexual satisfaction**, self-acceptance and more negative attitudes towards sexuality; extraversion with higher desire, frequency of **sexual** intercourses, their diversity, **sexual satisfaction**, masculinity level and lower report of erectile problems; openness to experience with better quality of partnership, more positive attitudes towards **sexual** activity and masculinity level; conscientiousness with later **sexual** initiation age, more frequent and diverse **sexual** behaviours (but lower interest in masturbation and coitus interruptus), overall **sexual satisfaction**, **satisfaction** with one's body and femininity level; agreeableness with a better quality of relationship with a partner, **satisfaction** from body, lower number of previous partners and more frequent **sexual** encounters (but less masturbation). Stereotypical masculinity, more so than femininity, was related to a wide range of positive aspects of sexuality. Conclusions: The **Big Five** personality traits and stereotypical femininity/masculinity dimensions were found to have a noticeable, but weak to moderate influence on **sexual** behaviour in young adult males. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

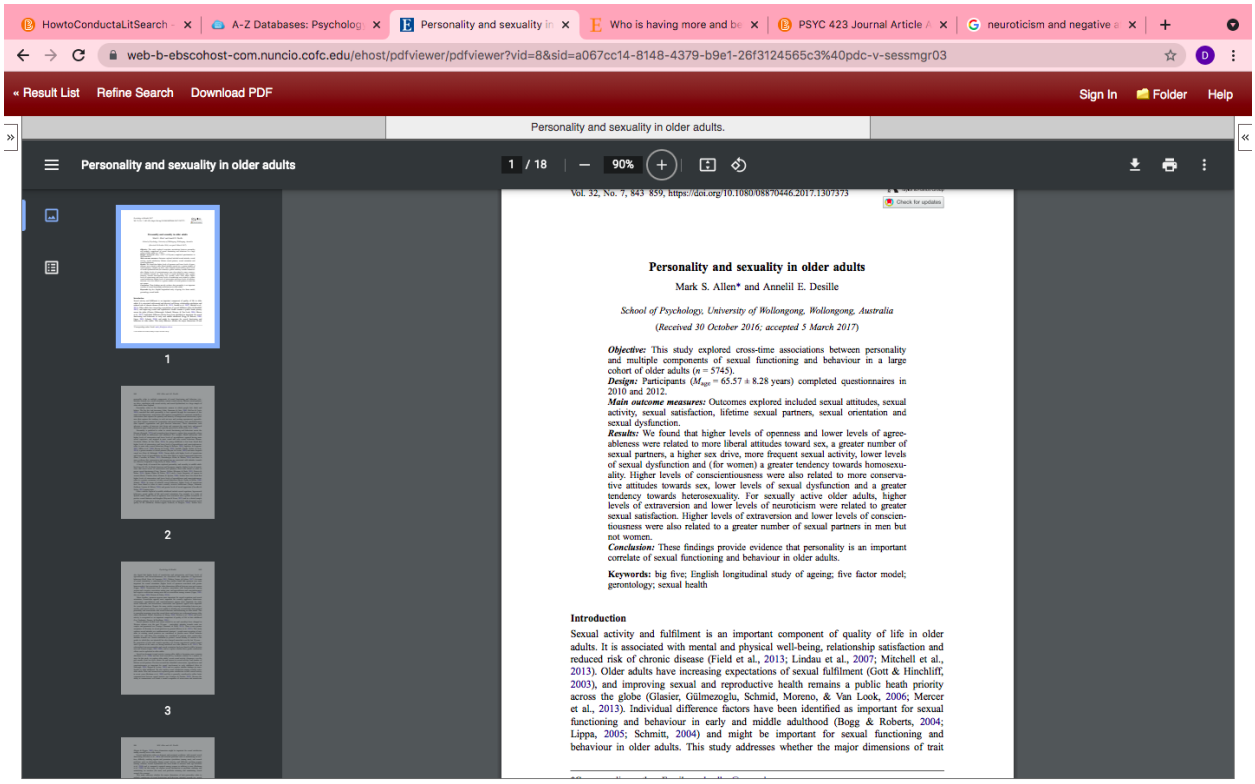


**Document Type:** **Journal Article**

**Subjects:** *Human Males; *Personality Traits; *Psychosexual Behavior; *Sex Roles

**PsycINFO** **Sexual** Behavior & **Sexual** Orientation (2980)


5. <u>Personality and sexuality in older adults</u>
    a. "This study addresses whether the major dimensions of trait personality relate to multiple components of sexual functioning and behavior (attitudes towards sex, sexual orientation, current sexual activity, lifetime sexual partners, sex drive, satisfaction with sexual activity and sexual dysfunction) in a large sample of older adults…"
    b. 6 different sampling waves were used, and new participants were assessed during the last 3 waves. Sexual functioning and behavior is solely collected during wave 6, and personality was assessed at wave 5.
    c. The participant pool included 2546 men and 3199 women, and the ELSA sexual relationships and activities questionnaire was used
    d. I believe this article will be appropriate for my research because of the massive size of the participant pool and the overall demographic selection of 50 and older.
        i. It will provide me with a range in the age that correlates with similar findings of sexual satisfaction, linking big 5 traits, and overall sexual attitudes.
    e.




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# Personality and sexuality in older adults

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(*Received 30 October 2016; accepted 5 March 2017*)

***Objective:*** This study explored cross-time associations between personality and multiple components of sexual functioning and behaviour in a large cohort of older adults ($n = 5745$).
***Design:*** Participants ($M_{age} = 65.57 \pm 8.28$ years) completed questionnaires in 2010 and 2012.
***Main outcome measures:*** Outcomes explored included sexual attitudes, sexual activity, sexual satisfaction, lifetime sexual partners, sexual orientation and sexual dysfunction.
***Results:*** We found that higher levels of openness and lower levels of agreeableness were related to more liberal attitudes toward sex, a greater number of sexual partners, a higher sex drive, more frequent sexual activity, lower levels of sexual dysfunction and (for women) a greater tendency towards homosexuality. Higher levels of conscientiousness were also related to more conservative attitudes towards sex, lower levels of sexual dysfunction and a greater tendency towards heterosexuality. For sexually active older adults, higher levels of extraversion and lower levels of neuroticism were related to greater sexual satisfaction. Higher levels of extraversion and lower levels of conscientiousness were also related to a greater number of sexual partners in men but not women.
***Conclusion:*** These findings provide evidence that personality is an important correlate of sexual functioning and behaviour in older adults.

**Keywords:** big five; English longitudinal study of ageing; five factor model; gerontology; sexual health

## Introduction

Sexual activity and fulfilment is an important component of quality of life in older adults. It is associated with mental and physical well-being, relationship satisfaction and reduced risk of chronic disease (Field et al., 2013; Lindau et al., 2007; Mitchell et al., 2013). Older adults have increasing expectations of sexual fulfilment (Gott & Hinchliff, 2003), and improving sexual and reproductive health remains a public heath priority across the globe (Glasier, Gülmezoglu, Schmid, Moreno, & Van Look, 2006; Mercer et al., 2013). Individual difference factors have been identified as important for sexual functioning and behaviour in early and middle adulthood (Bogg & Roberts, 2004; Lippa, 2005; Schmitt, 2004) and might be important for sexual functioning and behaviour in older adults. This study addresses whether the major dimensions of trait

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**PSYC 423 Journal Article Assignment Grading Scales**

1. Did you begin your submitted assignment by identifying your selected research question? Is your research question sufficiently specific, such that your variables of interest are identifiable? Does the theme of your paper **focus on a theory or concept in the social psychological interpersonal relationships literature**? Is it clear how the information from your submitted sources are related to your research question?

*Needs*

*Improvement* 0 1 2 3 4 5 *excellent*

2. Did you find at least 5 articles using PSYCinfo? Are at least 4 of these articles empirical in nature? Do you provide a photo or print out of the first page of each of the 5 articles that shows the bibliographic information and abstract for the articles?

*Needs*

*Improvement* 0 1 2 3 4 5 *excellent*

3. Did you provide an APA style reference for each of your 5 articles? Is the reference for each article correctly formatted according to APA style (6th edition)?

*Needs*

*Improvement* 0 1 2 3 4 5 6 7 8 9 10 *excellent*

4. For each of your 5 articles, do you explain why the article is related to your research proposal, according to the provided questions in the assignment guidelines? Is your explanation clear and accurate?

| *Needs Improvement* | 0 | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | *excellent* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|

**Grade (out of 40): _____**